

# Magazine Feature Section

## CARE OF REFRIGERATOR

**H**OT or even warm food should never be put into the refrigerator. It will raise the temperature and with it the ice bill.

Every time the ice chamber is to be filled the remaining piece of ice should be removed and the compartment wiped out, then the ice replaced. The new ice should be in one piece and should be washed before putting into the refrigerator. Where ice is put in from the outside it is particularly important to have clean ice. Artificial ice is much cleaner to use, but it is not always possible to procure it.

The use of cracked or chipped dishes for food is greatly to be deplored. The rough surface left by the cracks or chips is an excellent place for bacterial growth.

Uncooked meat should be kept in a covered enamel dish. Food should never be covered with paper of any kind, with the possible exception of oiled paper, used only once.

Milk bottles should be washed before being put in the refrigerator. Eggs should be kept in a rack or dish with one layer, so they may be used in the order in which they were bought. The contents of the refrigerator should be examined daily, and no stale food left there. If anything is spilled it should be cleaned up at once.

The shelves and floor of the refrigerator should be cleaned thoroughly at least once a week. In this weekly cleaning all food must be removed. The racks should be removed and washed in hot soapy water or soda solution, scalded, and then dried, and if possible sunned. The inside of the refrigerator should be thoroughly washed.

## THE KITCHEN

### Mocha Souffle.

One and one-half cups strong coffee, half cup of milk, two-thirds cup of sugar, one-quarter teaspoon of salt, one tablespoon of granulated gelatin, three eggs, one-half teaspoon of vanilla. Mix coffee, milk, one-half of sugar and gelatin, and heat in a double boiler. Add remainder of sugar, salt and yolks of eggs slightly beaten. Cook until mixture thickens, about seven minutes. Don't worry if it looks as if it had curdled; it is all right. Remove from fire, fold in stiffly beaten whites of eggs and add vanilla. Mold, chill and serve with whipped cream.

### Egg Cutlets.

Five hard-boiled eggs, cut fine, one cup of milk, one tablespoon of chopped parsley, two tablespoons of butter, one teaspoon of onion and three tablespoons of flour. Melt butter in pan, add flour and stir until smooth. Add milk and then other ingredients. Add season with salt and pepper. Shape, roll in egg and cracker crumbs and fry brown in fat.

### Cheese Canapes.

Cut bread one-half inch thick in circles with a round cutter. Put one tablespoon butter in a saucepan and fry a light brown. Put on a baking tin and grate over them a little cheese. Sprinkle with a very little salt and pepper. Brown a little on upper grate.

### Original Pork Stew.

Put one pound pork steak in a spider and fry, not too brown. When done, remove from the spider. Stir into the fat two or three tablespoons of flour and let brown, then pour into this enough boiling water to make the gravy the right consistency. Peel three medium-sized potatoes and three medium-sized onions. Cut the potatoes, onions and meat, leaving out the bones of the meat. While the gravy is thickening put onions and meat in a saucepan with enough water to keep from sticking, then add potatoes and pour over all the gravy. Let cool three or four hours and season to taste.

### Confectioner's Icing.

Two cups of granulated sugar, one teaspoonful of glucose, one cup of water. Boil together without stirring until it forms a thread when dropped from a fork. Take from the fire at once and let stand until lukewarm. Beat until like soft dough; then knead with the hands until thick and creamy. Pack away in glass, covered, and keep in a cool place. When wanted to use, put some in a bowl, set the bowl in hot water, and stir until soft enough to spread on cake. Add desired flavor, and use. This icing will keep an indefinite time if kept covered as directed. Corn syrup may be substituted for glucose.

### Noodles for Soup.

Rub into two eggs as much sifted flour as they will absorb, then roll out until thin as a wafer; dust over a little flour and then roll over and over in a roll, cut off thin slices from the edge of the roll and shake out into long strips; put them into the soup lightly and boil for ten minutes. Salt should be added while mixing with the flour—about a saltspoonful.

### Cherry Soup.

Boil three or four hours with a good-size onion. When the meat falls from the bone take it out, add one cup of turnip, parsnip, carrot, potatoes, cut in cubes (both yellow and white turnips if liked). Cook till done, then put dumplings on top and cook 20 minutes, boiling hard.

### White Cake.

To make a cake without eggs or milk. It is a light and delicate cake: Sift together half cup granulated sugar, two cups flour, four teaspoons baking powder, one-quarter teaspoon salt. Into this rub lightly with the fingers one-third cup butter, or butter and lard. Grease the baking pan and dredge lightly with flour, shaking out the surplus. To the dry ingredients add one cup of water, one teaspoon of vanilla, one-quarter teaspoon almond.

Stir together until well mixed, then beat until it begins to thicken and look smooth. Pour at once into a baking pan and bake in a moderate oven. It may need to be put on the top grate a few minutes. If mixed exactly by the directions and the oven is right you will have no failures. Frost with cocoa frosting. A chocolate cake may be made by adding two or three tablespoons of cocoa, in which case use white frosting.

### Peas A La Francaise.

Cook two tablespoons of butter with one slice of bacon five minutes; remove bacon and add two cups of shelled (or drained canned) peas and eight small onions. Cover with boiling water and cook until vegetables are soft, drain. Add one-quarter cup of cream and one egg, yolks lightly beaten; season with salt and pepper.

## JOIN THE FLY CRUSADE

BY MRS. McCUNE.

**A** BABY snoozed in his carriage on the warm end of the Jameson back porch. It was William Jameson, 3d, one month old. From a clothes line over his carriage hung a tent of mosquito netting, so wide and loose it couldn't shut off the air circulation.

"What's the idea of the netting?" asked Sister-in-law Sanders, who was peeping through the screen door with Mama Jameson.

"It's one of the chances I'm giving my baby to live through his first year," answered the young mother. "Not a fly shall touch him if I can help it."

"Oh, just flies!" sneered sister-in-law.

"Just flies!" ejaculated Mrs. "Bill." "They live and grow in the dirtiest places they can find. They eat filth and smear it on their bodies. I won't have them carrying it to my baby! Besides, scientists say flies gather disease germs from the filth they breed on. They scatter cholera, infantum and enteritis germs on children's mouths, bottle nipples, and food. A pamphlet I've read on flies says they vomit filth and bacteria and drop them from their intestines. Every mother who reads that pamphlet will be a fly fighter as I am."

"It's early in the season," contended Mrs. Sanders.

"You can't begin too early for flies," returned the careful mother. "I screened every window in this place before there was a fly to be seen. If one gets in he'll find all my food covered and screened against his dirt and germs. He'll find tempting dishes of formalin and milk ready to poison him—one teaspoonful of commercial formalin to one cup of sweetened milk or water. It's the safest fly poison."

"How about country folks?" asked "Sis," doubtfully.

"Country babies can be protected from flies if folks aren't too careless or ignorant. Powdered borax is one of the best and cheapest means of killing eggs and maggots if sprinkled on stable floors and manure piles and washed in with water. Powdered hellebore for the same purpose is good in large quantities on the farm and it doesn't hurt the crops for which the manure is used."

"I've got scientific facts about flies," went on the enthusiastic mother, "because I want my baby to have every chance to live."

"Every mother should join the anti-fly crusade."

"She should begin now before each female fly has a chance to start her twenty trillion family."

"She should use formalin, fly paper, traps, food covers, and screens."

"She should ask her Board of Health what the city is doing against flies."

"She should tell her children and her neighbors that scientists say flies are not just harmless nuisances, but are disease carriers."

## ODDS & ENDS

**F**LOWERS always look artistic arranged in a basket. One housewife conceived the idea of weaving a rattan basket closely about a glass fish globe. The result is a beautiful basket, glass lined, the shape of a rose bowl, that has a summery look on dining table or in living room.

**A**S a rule, it is a bad plan to bathe children more than once a day. Too many baths, especially hot ones, are weakening to the system. The best "tubbing" time is the evening, as the little one is more likely to have sound, refreshing sleep after a nice hot bath and the removal of the grime collected during the day. Cold baths are, however, much more invigorating and it is well to harden the child to them early, so that he will be accustomed to take his cold plunge every morning, no matter what the temperature may be, in this case curtailing the hot baths to two a week.

**G**INGER, cloves, cinnamon and all other spices contain what are termed essential oils. These can be distilled and are often used medicinally. When you eat spice or drink anything which has been heated with spice you consume an appreciable quantity of these oils. It is because such oils are powerfully medicinal that they are prescribed in diarrhea and flatulency. But after that they have done their work in the stomach and intestines they pass into the blood, and when they reach the brain they cause excitement. Spices make one restless and feverish. They are sometimes very useful in the winter when one is chilled and depressed; but in the summer they are, save under very exceptional circumstances, to be carefully avoided.

**W**HEN not in use a tablecloth should be kept in folded creases and when brought out to be spread should be laid on the table and unfolded its entire length, the width being doubled with the center crease along the center of the table. Then the half breadth that is folded should be turned back and the cloth will hang even. Careless servants often gather up a cloth "anyhow" without taking the trouble to fold it up again in its own creases and thus fresh ones are made. A tablecloth will keep fresh looking as long again if it is always folded up in its own folds and put away until the next meal. The French have a way of mak-

ing even and inferior quality of table linen look well without the aid of starch. When the napkins are washed and ready to be ironed they are dipped into boiling water, and partially wrung out between cloths. They are then rapidly ironed with as hot a flat iron as possible without burning them.

**T**HE possibilities of unbleached muslin are not appreciated. This cheap material is of a bluish, mellow, creamy tone, which lends itself peculiarly to artistic decoration. For summer-cottage hangings it is a most desirable material. The unevenness of weave suggesting certain silken fabrics. A pretty bedroom in a summer cottage had the walls papered upon a creamy ground with yellow roses upon a delicate pink and white all the hangings—the window curtains, the door curtains, the bedspread, the couch and chair covers and cushions—were all of unbleached muslin finished with bands of cretonne to match the wall paper. The room was charming.

**C**AL ashes may sometimes be used to advantage in the garden. If the soil is very heavy, they may be dug into it. If spread around the cabbage plants they will help to keep the maggot away. If used in the same way around larkspurs they will save these plants from the slugs. If soot or wood ashes are placed in the holes when asters are set out, the root beetles will be routed. All simple remedies but worth trying.

**T**HIS year sport hats of fabric are to be very fashionable and various materials are used, silk, satin, striped and plain linen, tuckered batiste, cretonne and so on. If your velvet sailor this winter has been so becoming that you hated to give it up, rip off the velvet and cover the buckram frame with linen, and achieve an equally becoming sport hat. The velvet sections, if you have ripped carefully, will supply a correct pattern for the new covering, and silk cord will disguise your inept stitches where the brim covering meets at the edge. Suppose you cover the crown and face the brim with pink linen; then put striped linen over the brim and a band of the stripes, running vertically around the crown. Or cover the whole hat with green linen, to which you have applied leaves cut from figured tapestry cretonne, button-holing the edges of the leaves with green worsted.

## COSTUMES FOR SUMMER TIME

BY EDNA EGAN.

**F**ASCINATING material that has not been in vogue for some years is being featured for both afternoon and evening gowns for warm weather days. This is point d'esprit. It lends itself admirably to the new full, bouffant skirts, the flounces and billowy fullness, the paniers, frills, furbelows and overskirts of the new modes.

Some adorable frocks in this material, as well as plain net, are embellished with quaint Victorian box-plaited rushes of delicately colored taffeta ribbon. The effect is charming.

Can you imagine anything more picturesque for a summer garden party than such a frock with ruffles of palest pink taffeta, a pink taffeta sash and a big leghorn chapeau with black velvet streamers and one big pink rose? But for such a frock one needs yards of point d'esprit to achieve the proper voluminous effect.

Summer afternoon frocks will also be made of white Georgette crepe trimmed with bands and ruffles of white taffeta—a charming fabric combination. When taffeta bands are employed they are corded at the lower edge. Under the skirt is worn a wired petticoat of taffeta. Trim this garment with flowers fashioned from pastel color satin and silver cloth and the effect is irresistible.

A charming summer frock is presented in white net veiled with shell pink taffeta. This would be a fetching graduation frock, as well as it would serve for garden parties or country club dances. The sash is of white satin.

For an ultra-modish summer afternoon frock no happier fabric choice can be made than white taffeta. This is the fabric of fabrics when one desires a warm weather costume for daytime wear, a costume that suggests its season and owns that measure of dignity that makes it suitable for semi-formal affairs.

White taffeta comes very near being sufficient unto itself. Just a bit of lace, a ribbon, a corsage flower and maybe a fascinator of contrasting material.

In a season of bouffant effects taffeta has one important advantage over many fabrics used for semi-formal frocks. It achieves the new silhouette easily, placing little or no dependence upon wired petticoats or stiffening materials.

Take a full gathered or widely flaring circular skirt of taffeta, catch it up in puffs over each hip, drop it over a lace-floated lingerie petticoat, and there is a fascinating pannier skirt. Or, if one does not care for the pannier, then top the upper part with two or more short, full gathered peplums.

A stunning summer afternoon costume of white taffeta was seen a few days ago, the bodice of which achieves the basque outline, but has none of that garment's uncomfortable snugness. Collar, hem facing and ribbon girdle were of pearl gray satin. The under-bodice was hand-embroidered French batiste.

Those who criticize the generous

## MILADY'S BEAUTY

**G**LYCERIN is considered one of the most healing and beneficial preparations used for the skin and, while it is the basis of many good preparations, it is not generally known that it can be more profitably used if cut or diluted with rosewater instead of bay rum or pure grain alcohol. To one part of glycerin add a triple weight or amount of rose water. It is excellent for use with massage.

**C**AUSTIC or nitrate of silver removes warts. Touch them every two or three days. Some warts may be removed by castor oil. Melt some essence of salt in water and bathe the warts in it. This caustic will dissolve them and cause them to peel off. This treatment requires great caution, especially if applied to the face.

**I**F that part of the feminine world which is striving to attain sylph-like proportions would adopt the Japanese method of gaining them they would be assured of success. The mothers of the mikado's realm consider a fat bride a disgrace, and so for weeks before the wedding they deal out daily to their obedient daughters three teaspoonfuls of rice and one glass of hot water, and on the bridal day the maidens are led forth as willow and slender as heart could desire.

**I**F the hands have become stained when cleaning silver or brasses and difficulty is found in removing the marks the experiment should be tried of rubbing them with glycerin to which a few

display of ankle which fashion has sanctioned of late, and called for longer skirts, find that in the new models their wishes have been met, though not, perhaps, quite in the way they expected. Beneath the hem of some of the latest models is plainly visible, sometimes to a depth of three or four inches, a succession of tiny frills placed on an unponderable foundation of nylon or some similar substance. Thus has fashion avenged itself on critics, and thus does the underskirt give tangible proof of its existence.

But this ethereal petticoat, which is, after all, only an apology for that once more essential garment, and is really a lining in disguise, is not alone sufficient to perform the whole duty of a japon which, in the absence of hoops or whalebone, is to lend support to the skirt under which it is worn. For that the services of the new foundation petticoat are enlisted, a garment of which the breadth and stiffness might be embarrassing were it not for the restraint which characterizes its frills, and its multitudes of minute tucks and frills somewhere about the knees.

drops of acetic acid have been added, the fingers being afterward immediately plunged into lukewarm water or the glycerin washed off by means of a rag dipped in rosewater.

**R**AINWATER should always be used for the face if possible, especially if the skin is at all delicate and susceptible to sunburn or cold winds. If this is not procurable the water should be distilled and those who have not the means of doing this at home can easily procure a large supply of distilled water for a very small sum. Even when these precautions are not taken the water used for the face should be boiled and then left to cool, while a small bag of oatmeal powder should be kept at hand to squeeze out in the basin, a little powdered orris root added to the oatmeal giving the water a delicious and refreshing scent.

**O** retain your graceful form learn how to carry yourself. If women would be more careful about this while young they would have finer figures and more slender hips when older. The woman who holds herself straight, who does not draw her chin to the collar of her garment, who keeps back her shoulder blades, and thus rounds out her breast without an apparent effort keeps her muscles firm and flexible. Thus the heaviness which is so much dreaded, and which destroys all youthfulness and grace, may be avoided.

**T**HE good effects of massage consist in strengthening the muscles and stimulating the blood. Few women have the slightest idea of the structure of the face, and how the connecting tissues fill up the vacuum under the skin. Nothing can be done, of course, to change the shape of the bones, but the muscles and tissues may be so successfully manipulated that the appearance of the face will be greatly improved, so much depending on the fatty flesh overlying the muscles.

**I**T would surprise many women who consider themselves hygienic in the care of their teeth to know that they were not. Cleaning the teeth three times a day is of little avail if it is not done correctly. Brushing may be actually harmful if too rough or in such a direction as to push the gums back from the teeth. Clean the teeth at least twice a day, preferably after each meal. Never neglect it before going to bed, as when the mouth is quiet and there is no flow of saliva dental decay is most active. Keep your toothbrush hygienic. Let it hang where it will get sun and air. Wash it occasionally in a good disinfectant. Throw it away at sign of loosened bristles. One of these lodging in the throat may give serious trouble.